

# Aleksandra

*Medicine, after III year, traineeship 2022*



*Aalborg Universitetshospital, Denmark*

**In which institution did the internship/traineeship take place?**

*Aalborg Universitetshospital, Denmark.*



**Did the internship take place as part of the obligatory internship during studies, additionally in order to gain experience, or was it a graduate internship in which part of the obligatory post-study internship was carried out?**

*Although the traineeship took place in a neurology department, it was completed as part of the compulsory traineeship in internal medicine after the third year of study.*

**If this was part of a compulsory internship, what was the procedure for recognition by the Ministry?**

*N/A*



**The language level that you need to have to cope with everyday tasks, contact with the patient, etc.?**

*The Danes speak English as fluently as their mother tongue, you can communicate there in English. According to my subjective assessment, a B2 level is sufficient to get along with both patients and doctors in the hospitals.*



**General impressions about the Host Institution, the organization of internships, what was the issue of food, did the facility have a canteen?**

*My overall impressions of the Host Institution, which was the University Hospital in Aalborg, and more specifically the Neurology Department there, are very positive. From the first email exchanged, the contact was efficient and the organisation of the traineeship and accommodation was clear and consistent.*

*The first day in the hospital started with a tour of the hospital and discussion of all organisational issues. We were given a detailed spreadsheet of where we were to attend practice on any given day and which doctor we would be practising with (including the phone number of that doctor so that it was easier to find him or her). The doctors also had these lists, which helped to avoid organisational mistakes. As for the question of food - we had to organise it ourselves, which was no problem at all, as the hospital has a canteen where lunch can be purchased at an affordable price. In addition, there are many grocery shops around the hospital and the dormitory.*



## **Important information, contacts that will help in the implementation of mobility?**

*For traineeships arrangements in the neurology department, it is advisable to contact by email at this address: [h.alrubaiee@rn.dk](mailto:h.alrubaiee@rn.dk)*

*This is the e-mail address of the doctor who deals with foreign students coming for traineeships.*



## **Attractions in the area worth seeing?**

*The whole of the north of Denmark is beautiful and picturesque, and the places I saw and can recommend include the lake in Aalborg, Blokhus beach, Lokken beach, Skagen (must visit), and further south - Aarhus, especially the ARoS museum there.*



## **Advantages of going on an internship under the Erasmus+ Program?**

*One of the biggest advantages of the trip in my opinion was to see what working in a hospital and a substitute for 'day-to-day' life looks like elsewhere, especially in Scandinavia, as I am considering this area of Europe for my near future. Through this stay, I also met many wonderful and inspiring people, most of whom I did not end up knowing in Denmark, but continue to know. You don't forget things like that - it was an amazing experience for me and I hope this is just a foretaste of more to come :))*



# Aleksandra

*Lekarski, po III roku, praktyki 2022*



*Denmark*